

Abb. 92 Beispiele für Klassifizierungen von Ernährungszustands-Indikatoren, die durch Eigenschaftswörter beschrieben sind

Most Commonly Used Classifications of PCM by Weight for Age and Presence or Absence of Edema^a

Author	Malnutrition (%)				Severe (%)
	Standard	Normal	Mild	Moderate	
Bengoa, 1970	Harvard	>90	89-75	74-60	<60, and all cases with edema regardless of weight
Wellcome Trust Working Party, 1970	Harvard	>90	80 ~	80-60, with edema = undernourished, no edema = undernourished	<60 std. with edema = marasmic kwashiorkor, edema = marasmus

^a Weight as percentage of standard—Harvard standard 50th percentile value.

(aus: C.G.Neumann: Reference data. p.299-327 in D.B.Jelliffe, E.F.P.Jelliffe: Nutrition and Growth. Plenum, New York, London, 1979 (selbst))

Tentative Guidelines for Evaluating Vitamin B₆ Nutritional Status in the Adult Human^a

Biochemical measurement	Marginal or inadequate	Acceptable
Tryptophan load test (net increase in excretion)		
Xanthurenic acid, mg/day	≥ 50	< 25
3-OH-kynurenine, mg/day	≥ 50	< 25
Kynurenine, mg/day	≥ 50	< 10
Quinolinic acid, μmol/day	≥ 50	< 25
Urinary measurements		
Vitamin B ₆ , μg/g creatinine	< 20	≥ 20
4-pyridoxic acid, mg/day	< 0.5	≥ 0.8
Blood measurements		
EGPT index	< 1.25	≥ 1.25
EGOT index ^b	< 1.5	≥ 1.5
Plasma vitamin B ₆ , ng/ml ^c	< 25	≥ 50

^aAdapted from Sauberlich et al.

Guidelines Used for the Interpretation of Vitamin A Biochemical Data

Reference	Less than acceptable (at risk)		Acceptable (low risk)
	Deficient (high risk)	Low (medium risk)	
	μg/100 ml	μg/100 ml	μg/100 ml
1. ICNND			
Plasma retinol:			
All ages	< 10	10 to 19	≥ 20
Plasma carotene:			
All ages	-	20 to 39	≥ 40
Pregnant women			
2nd trimester		30 to 79	≥ 80
3rd trimester		40 to 79	≥ 80
2. Ten-state Nutrition Survey			
Plasma retinol:			
All ages	< 10	10 to 19	≥ 20
Plasma carotene:			
16 yr and under		< 40	≥ 40
17 yr and under	< 20	20 to 39	≥ 40
3. Children's Bureau			
Preschool children:			
Plasma retinol	< 10	< 20	≥ 20
Plasma β-carotene		< 40	≥ 40
4. National Nutrition Survey			
Plasma retinol:			
0 to 5 months	< 10	10 to 19	≥ 20
0.5 to 17 years	< 20	20 to 29	≥ 30
Adults	< 10	10 to 19	≥ 20

aus: Sauberlich, H.E.... Laboratory Tests for the Assessment of Nutritional Status. CRC Press, 1974